

The exercises that Sean Laflamme teaches work-out the body as a whole. Energy is guided through the body by performing harmonious, fluid movements, combined with proper breathing as well as visualizations to help the mind focus. The sequences are simple, easy to recall and safe for the body. People of all ages can practice qigong, and with regular practice experience tangible results (exercises can also be easily adapted for those with physical restrictions or limited mobility).

Qigong is a part of Traditional Chinese Medicine - It is important that the teacher have a background in this medicine.

From a Western medical standpoint, regular qigong training improves the circulation of blood and lymphatic fluid, thus increasing proper tissue nourishment, immune response and the body's natural ability to detoxify. The combined breathing and meditative aspects also promote the parasympathetic nervous system, which fosters healing as well as a balanced emotional state.



4416 St-Laurent, studio 302
(Mont-Royal metro)
www.montrealqigong.com / 514-952-0465

Trial Class

an introduction to qigong, group practice, Q&A's, sign-up

- Wednesday, September 15 at 7:30 pm

- Friday, September 17 at 6:30 pm

*reserve your spot for a free trial class by calling:
514-952-0465 (places limited)*

Schedule

September 21st - December 17th

**schedule and fees subject to change, please consult the website*

	M	Tuesday	Wednesday	T	Friday
9 - 10:25 am		Qigong II			
6 - 7:25 pm			Qigong II		Qigong I
7:35 - 9 pm			Qigong I		Qigong II

4416 St-Laurent, studio 302 (metro Mont-Royal)

Qigong I: open to all

Qigong II: open to students having completed 1 semester

Fees

- 12 classes -

180 \$ (+ taxes) per semester, for 1 class per week
205 \$ (+ taxes) per semester, for 2 classes per week

**\$20 rebate for full-time students*

Qi Gong

Autumn 2010
Exercises for your health



with
Sean Laflamme Ac.

Qigong (chi kung) is an integral part of the Chinese healing arts. It is a mind-body practice that integrates postures, movement, breathing techniques and focused intention. Can be translated as Energy Cultivation.

Qi (气) = energy / life force / breath of life

Gong (功) = to cultivate / to achieve skill

though self-discipline

www.montrealqigong.com

Qigong is the oldest of the Traditional Chinese Therapeutic arts, focusing on providing you with a means to actively participate in the optimization of your own health. It is an exercise practice for your mental and physical well-being.

Qigong has a long history that spans thousands of years, evolving from, and incorporating a variety of Taoist, Buddhist and Confucius health practices.

Holistic. As an observer you may see people practicing fluid, sequential movements in a quiescent state, but as a practitioner, you learn to do much more. You discover the benefits of improving energy circulation throughout your muscles and joints, internal organs, spinal column as well as the brain - thus improving your overall state of health and vitality, while reinforcing your mind-body connection.

Positive effects one experiences with regular qigong practice:

- improved circulation;
- stronger yet flexible joints and muscles;
- increased digestive function;
- better posture, stronger back and spine;
- heightened concentration and focus;
- and much more.



Qigong Therapy

According to the principles of Chinese Medicine, health is enhanced by improving the energy circulation patterns of the body. In acupuncture, needles are used to influence qi through the body's pathways. In Qigong, physical movements combined with breathing and mindfulness are used to the same end.

An excellent adjunct to Western medicine, Qigong exercises are designed to assist in maintaining physical, emotional, and spiritual well-being.

The objective is to rectify energetic imbalances in the body, as well as to purge energy blockages that accumulate during one's lifetime. Disharmonies may be caused by one or several of the following: stress, poor diet, lifestyle, injury, traumatic experiences, suppression of emotions, illness...

Sean Laflamme, Acupuncturist & Qigong Teacher

- In 1994, began studying Chinese Martial arts, notably gongfu, which included much body resistance training called nei gong;
- After years of training in the external martial arts, Sean began shifting his focus toward the internal martial-arts, mainly Taiji, since this Taoist art greatly encourages safe, harmonious movement that respects the natural flow of energy in the body. The Internal martial arts reflect many of the same principles used in Chinese Medicine;
- In 2005, received teaching certification from Sam Slutsky in Lee Shiu Pak's Yang Style Tai Chi Chuan system;
- Alongside all of Sean Laflamme's medical, taiji and gongfu training, he has studied and practiced qi gong principles and techniques to improve his abilities and understanding of the Chinese healing arts and Qi (energy);
- Since early 2006, has dedicated his training to Qigong;
- In 2007, completed an intensive Qigong training in China. This trip complimented his previous Qigong experience, allowing him to see first hand established, reputable Qigong centers;
- Sean is presently completing his Masters in Medical Qigong with the IIMQ (International Institute of Medical Qigong) located in Palm Desert, California. The certification programs offered by the IIMQ are based upon the curriculum that has been established at the Medical Qigong College at the Hai Dian University and used clinically at the Xi Yuan Medical Qigong Hospital in Beijing, China.
- 2010, became instructor in Inner Radiance Qigong, (developed and taught by Dr. Bernard Shannon)

